

1Acini di Pepe Salad20

Number of Servings: 20 (81.42 g per serving)

Amount	Measure	Ingredient
5.00	oz	Pasta, acini di pepe, enrich, dry, all brands
1 1/2	ea	Eggs, whole, raw, lrg
4.00	tsp	Flour, all purpose, white, bleached, enrich
1/2	tsp	Salt, table, iodized
2 3/4	cup	Pineapple, crushed, w/juice, cnd, drained
1.00	cup	Juice, pineapple
2.00	cup	Mandarin Oranges, w/juice, cnd, drained
3 1/4	cup	Topping, whipped, lite, Cool Whip

Nutrients per serving

Nutrition Facts	
Serving Size (81g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 65mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 2g	
Vitamin A 6%	Vitamin C 15%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

* Make Day Before Serving.

Drain pineapple reserving juice. Drain mandarin oranges.

Bring 2 quarts of unsalted water to a rapid boil; add acini di pepe and stir. Return to a boil. Cook uncovered, stirring occasionally for 12-13 minutes. Drain well in fine strainer.

While acini de pepe is cooking combine flour with the egg using a wire whisk. Add a small amount of the measured pineapple juice called for in the recipe. Whisk to make a smooth paste. Slowly stir in more of the pineapple juice until all of it has been added. Add salt. Bring the mixture to a boil over low heat stirring constantly. Boil 1 minute and remove from the heat.

Stir pineapple juice, flour, egg sauce made above into the drained acini di pepe. Add drained fruit and lightly mix. Refrigerate overnight.

Day of Service: Fold cool whip into chilled acini di pepe mixture and return to refrigerator or serve.

Potentially Hazardous Food: Food Safety Standards: Hold food for service at an internal temperature below 41 degrees F.

1 serving = 1/2 cup or 1 #8 scoop

1 serving = 1/2 grain serving

1 serving = 17 grams carbohydrate = 1 carb serving

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